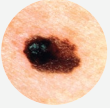


# How to spot skin cancer

Examine your **moles** using the ABCs

**A**

**Asymmetry**



The two sides look different from each other.

**B**

**Border**



The border is crooked, jagged or irregular.

**C**

**Color**



The mole is multi-colored.

**D**

**Diameter**



The width is more than 6 millimeters, the size of a pencil eraser.

**E**

**Evolution**



The mole has changed in size, shape or feeling.

Watch for **new or changing** moles

In darker skin tones, skin cancer is often found at later stages, when it's harder to treat. Be sure to check the soles of your feet, between your toes, under your nails and on the palms of your hands.



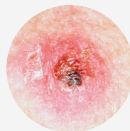
**Anyone can get skin cancer, no matter their skin color.**

Examine your **skin** for suspicious spots

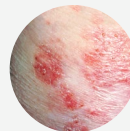
A small, smooth, shiny, pale or waxy lump



A firm red lump that may bleed or develop a crust



A flat, red spot that is rough, dry or scaly



# Keep track of new and changing spots

- 1 Look** for new spots or spots that change.
- 2 Watch** for sores that don't heal or heal then return.
- 3 Be aware** of spots or sores that change in sensation, or are itchy, tender or painful.
- 4 Check everywhere** because skin cancer can develop in places that do not get sun exposure. This includes the soles of your feet, buttocks and genital area.
- 5 Get help** to inspect hard-to-see areas such as the scalp.
- 6 Pay attention** to rough or raised areas when you shampoo or apply lotion.

Most skin cancers fall into one of these three categories:

## **Basal cell**

is a slow-growing cancer that seldom spreads.

## **Squamous cell**

is more likely than basal cell to spread, but much less common.

## **Melanoma**

makes up only 2 percent of skin cancers, but causes the most skin cancer deaths.

## Suspicious spot?

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

Appointments available  
877-632-6789